



AWARENESS

## SIX WAYS TO TREAT SUNBURN

From lathering up with sunscreen to staying in the shade between 10am and 3pm – we all know the rules to side stepping the sun’s harmful effects. Yet, despite our best intentions, those extra 30 minutes on the beach or thinking we’re safe in overcast weather, may result in sunburn.

### 1. **Cool down.**

Apply a cool compress, like a damp towel, to the affected skin.

### 2. **Add some moisture.**

[Apply a nourishing moisturising cream or sunburn treatment.](#) Speak to a pharmacist for advice as some products may irritate or further dehydrate the skin. Stay away from oil-based products that hold in the heat, which can result in prolonged burning.

**“AVIOD USING OIL-BASED MOISTURISING CREAMS ON SUNBURN”**

### 3. **Up your fluid intake.**

It’s not only your skin that feels the effects, so make sure you keep well-hydrated by drinking water.

### 4. **Something for the soreness.**

Take anti-inflammatory medication, such as aspirin or ibuprofen, to relieve the pain.



### 5. **Let your skin heal.**

When blisters appear, don’t pick at your skin. Leave blisters intact and let your body do the rest. If your skin starts peeling, apply a moisturising cream.

### 6. **Avoid the sun.**

It may take a number of days for your skin to heal. Take it easy and avoid the sun during this time.

When you do go out again, remember to apply a broad-spectrum SPF sunscreen regularly and liberally, wear a hat, and stick to the shade where possible. Choose a sunscreen with a high SPF, like an SPF 50, which means that it will protect your skin for longer. Choose a higher factor to ensure you are protected, especially when you are accidentally exposed to the sun.

If these steps don’t relieve the burn, speak to your doctor.